



# Pre-Combine Training

Prepare for the NIKE OPENING Regionals and other area Football Combines coming this spring & summer 2017. Athletes will be trained by nationally accredited strength and conditioning coaches. Be your best by training with the best!

## Technique Training for:

- The 40 yard dash
- The Vertical jump
- The Pro-shuttle
- The Powerball launch
- L-cone, Broad jump, etc...



(Training performed at The EDGE Sports Fitness)



### Now thru May 2017

**9<sup>th</sup> thru 12<sup>th</sup> grade / Must pre-register!**

**Mondays thru Thursdays (6-7:30 PM)**

**Saturdays (10:30 – 11:30 AM)**

**1 session = \$25/ea.**

**10 Session Punch card = \$185**

**Monthly Unlimited = 1 mo. \$150 / 3 mo. \$125/mo.**

**Save with Team Mate packages!**

(Customized for 2-5 athletes. Choose other days/times to come in together, train as a group and \$ave! See website for rates.)

### Also available:

**Football Skills**

**1-on-1's**

**Sports Perf. Training**

(Speed, Strength & Agility)

Classes: Weekly / Year-round)

**To improve your times call: 940-391-3711**

13816 Santa Fe Crossing Dr., Edmond, OK 73013

(Just off the Kilpatrick Turnpike)



**EdgeSportsFitness.com**

